



Quick Tips to Keep Infants Active



Physical Activity

- Bouncers, strollers, and baby carriers are great for letting you get things done, but time in them doesn't count as active time for your baby. Make sure he gets time to roll, crawl, sit up, and stand every day.
- Give your baby plenty of chances to stretch. A play-mat with toys suspended above him will give him the opportunity to kick and reach. This makes your baby stronger and also teaches him about cause and effect.
- Give your young baby plenty of supervised “tummy time”! This helps his muscles get stronger and gets him ready to sit up and crawl.
- Did you know? A 3- to 4-month-old baby will push down if you hold him in a standing position. Make this a fun bonding time for you and your baby, and help him stand and sit over and over again until he's tired.

Screen Time

- Turn off the TV, put down the cell phone, and get active! Babies watch their parents and want to copy them. Even young babies can benefit from active playtime.
- Babies don't need TV or videos, even if they're made just for babies. If you need a break to do things around the house, try using a baby carrier.
- If you keep the TV on as background noise when you and your baby are home alone, switch off the TV and try the radio instead.

Sleep

- Sleep is important! Babies need plenty of sleep to grow up healthy. Children who don't get enough sleep are more likely to be overweight or obese. Start healthy sleep habits in infancy.
- Newborns need about 17 hours of sleep a day. As your baby grows, he'll need less sleep, but even at 12 months old, babies still need about 14 hours of sleep a day. Keep track of how long your baby sleeps at night and how long his naps are. This will help you know if he's getting enough sleep.
- Start a bedtime routine with your baby. For example, after dinner, give him a warm bath, read a few books, and sing him a lullaby. This will help him settle down and know it's time to relax.